

Ultiself Energy Routine

Energy is vital for meeting your goals and doing the activities you enjoy most. Apply this routine and you will never lack energy for your day to day.



Digital Sunset - The blue light produced by your phone, TV, or computer causes poor sleep quality.

ACTION - Avoid being in front of any screen for at least 1 hour before going to sleep.



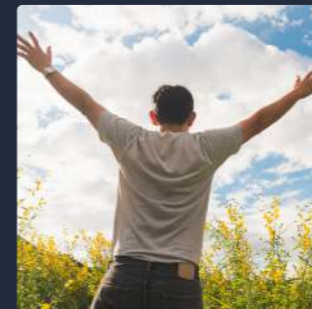
Healthy Fats - Monounsaturated and polyunsaturated fats provide good quality energy that your body needs.

ACTION - Consume salmon, herring, nuts, canola oil, avocado, olives regularly.



B Vitamins - This group of vitamins helps your body get energy from what you eat and get needed nutrients.

ACTION - Eat fish, chicken, beef, eggs, green leafy vegetables, beans, and some cereals regularly.



Morning Sun Exposure - It stabilizes your circadian rhythms, improving your sleep, and giving you more energy.

ACTION - Get at least 15-20 minutes of morning sunlight at least five times a week.



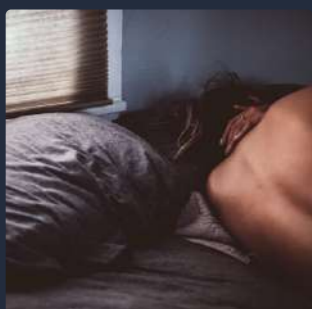
Redlight Therapy - This increases the production of melatonin, which improves the quality of sleep.

ACTION - Get a red light lamp and use it for 10-15 minutes before going to sleep every day.



Caffeine - Caffeine accelerates cell activity and gives you a quick dose of energy.

ACTION - Drink coffee or tea daily before 3 pm.



Sleep in a blackout room - The absence of light stimulates the production of melatonin and improves sleep quality.

ACTION - Cut light sources in your room as much as possible to sleep better.



Ginseng - Ginseng acts as an invigorator and improves the body's performance.

ACTION - Consume ginseng daily as a supplement, in tea, or as a cooking ingredient.